

April 20, 2004

Contact: Josh Barron, Tobacco Prevention and Cessation Program Coordinator
734-5900, ext.245

District Health Offers Free Tobacco Cessation Class

South Central District Health is offering the American Cancer Society's "Fresh Start Cessation Program," designed to help adults quit using tobacco. The free six-week class begins on Thursday, May 13, at 6 p.m. and continues every Thursday until June 17. Classes will be held at the South Central District Health office on the CSI campus. Participants can register by calling Josh Barron, Tobacco Prevention and Cessation Program Coordinator, at 734-5900, ext. 245.

The Fresh Start Cessation Program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to better communicate, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 430,000 people die every year in the United States alone. Tobacco cessation is an important focus in reducing the use of tobacco. The classes are free, but space is limited.

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